



Mindfulness Group



**A safe space for women
who have experienced sexual violence
or domestic abuse**

Our group offers women who have experienced sexual violence or domestic abuse a safe space to learn the practical skills of mindfulness.

What is Mindfulness?

Mindfulness is a simple concept that means paying attention in a particular way:

- On purpose
- In the present moment
- Non-judgementally

It is a practical way to notice:

- Thoughts
- Physical sensations
- Sights
- Sounds
- Smells

A daily practice of mindfulness can be effective in coping with:

- Low mood
- Anxiety
- Emotions distress
- Chronic pain

How to get involved

RSACC will deliver Mindfulness sessions on a Wednesday lunchtime. 1.00pm -2.30pm.

This will take place at:
Friends Meeting House
Skinnergate
Darlington

**If you would like more information about the Mindfulness Group or to book a place please contact:
Tel: 01325 354 119 or info@rsacc-thecentre.org.uk**